



Narrow the focus, be specific:

This year, I want to

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When I accomplish this goal, I'll feel

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What has prevented me from doing this in the past?

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What safeguards can I put into place to prevent that from happening now?

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When I complete this goal, my life will change in the following ways

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Each month I'll review my progress by

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What quote or Bible verse will I commit to memory to encourage myself to not give up?

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*Isaiah 43:9 For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.*

Remember, SMART goals are specific, measureable, actionable, realistic and time-bound